



ELK GROVE
COMMUNITY
SERVICES
DISTRICT

■
DEPARTMENT OF
PARKS AND RECREATION

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MEMBER:
California Fire Chiefs
Association
California Park and
Recreation Society
California Special
Districts Association
International Association
of Fire Chiefs
National Recreation
and Park Association

Public Service Announcement/Class Listings

For Immediate Release

Date: April 30, 2003

To: News/Leisure/Calendar Editors

From: Elk Grove Community Services District (CSD) Parks & Recreation

SUBJECT: SUMMER FUN FOR "KIDS AT HEART"

Elk Grove, CA – The Elk Grove Community Services District (CSD) Department of Parks and Recreation will offer a variety of adult activities during the month of May. Consider enrolling in one of the following classes:

SALSA DANCING

Ages 18+

Hot! Hot! Hot! Grab a partner and learn to dance Salsa style. This class will cover the latest techniques and patterns. Whether you are just beginning or would like to sharpen your skills these classes are a perfect fit.

Held at: Laguna Town Hall Reception Hall, 3020 Renwick Ave.

Beginning: Mondays, 7:30 p.m. – 8:30 p.m., 5/5 – 6/2 No class 5/26

Intermediate: Mondays, 8:30 p.m. – 9:30 p.m., 5/5 – 6/2 No class 5/26

Cost: \$48/Couple

BEGINNING BELLY DANCE

Ages 18+

Supply Fee: A \$30 supply fee for zills and music is due at the first class.

Snake arms and other basic movements will be taught. You will gain, grace, confidence, and improve your fitness. This class will also cover costume construction, stage make-up, and playing the finger symbols.

Held at: Laguna Town Hall Rm. 2, 3020 Renwick Ave.

Mondays, 8:15 p.m. – 9:30 p.m., 5/5 – 6/2 No Class 5/26

Cost: \$40

AIKI JUJITSU

For ages 12+

Combine the two ancient martial arts styles of Karate and Aiki Jujitsu. Learn self control and build self-confidence in your abilities. Most of all have fun working and learning with others. Our goal in this class is to develop skills to face the challenges in life.

Held at: Laguna Town Hall Rm. 2, 3020 Renwick Ave.

Wednesday, 7:15 p.m. – 8:15 p.m., 5/7 – 5/28

Cost: \$35

TENNIS "FUN" DAMENTALS

For ages 7-Adult

Analyze and challenge your bio-mechanics and stroke mechanics. Develop basic skills in the five major components of tennis: forehand, backhand, volley, overhead, and serve.

Understand back swing, correct grip, footwork, and point of contact. Learn strategies, receive physical conditioning and have fun! A United States Professional Tennis Association Professional teaches classes.

Held at: Batey Park Tennis Courts, Seasons Drive

Ages 7-12, Tuesdays, 3:30 p.m. – 4:30 p.m., 5/13 – 6/3

Ages 13-17, Wednesdays, 3:30 p.m. – 4:30 p.m., 5/14 – 6/4

Ages 18 +, Wednesday, 10:00 a.m. – 11:00 a.m., 5/14 – 6/4
Cost: \$59

YOGA FOR YOUR BACK

For ages 16+

Release deep tensions in your back, neck, and shoulders. While the poses are easy to do they are deeply effective and bring immediate and long lasting relief.

Held at: Studio Fit, 9651 E. Stockton Blvd.

Mondays, 6:00 p.m. – 7:30 p.m., 5/12 – 6/9, Cost \$45

Wednesday, Noon – 1:00 p.m., 5/14/ - 6/4, Cost \$35

BEGINNING GOLF FOR FUN

Ages 16+

Step up to the driving range to learn the basics of golf. Develop a swing, stance, and firm grip that is comfortable for your. Clubs can be provided

Held at: Champions Golf Links, 8915 Gerber Road

Tuesdays, 6:00 p.m. – 7:00 p.m., 5/20 – 6/10

Wednesdays, 6:00 p.m. – 7:00 p.m., 5/21 – 6/11

Saturdays, 9:00 a.m. – 10:00 a.m., 5/24 – 6/14

Cost: \$69

GOLF PLAYING LESSONS

Ages 16+

Learn golf shots on the golf course. You will also learn basic rules, etiquette and many other things related to the golf experience. Golf is a game that can be played for a lifetime – start your lessons soon. Clubs can be provided.

Held at: Champions Golf Links, 8915 Gerber Road

Tuesdays, 7:30 p.m. – 8:30 p.m., 5/20 – 6/10

Wednesdays, 7:30 p.m. – 8:30 p.m., 5/21 – 6/11

Cost: \$75

INTRODUCTION TO ARCHERY

Ages 10 – Adult

Join Laguna's oldest Archery club for a lesson in archery. You will learn the 9 steps of shooting and have the opportunity to practice your new skill. Space is limited to ten archers.

Held at: Laguna Creek Archers Indoor Range, 9150 Bruceville Road.

Saturday, 5/24, 1:00 p.m. – 3:00 p.m.

A \$10 range fee is payable to the instructor at the first class.

Cost: \$15

Walk-in, phone, and fax registration will be accepted for these and other summer leisure offerings. Log on to the CSD web site at www.egcsd.ca.gov to download the summer activity guide or contact the CSD Department of Parks and Recreation at (916) 685-3917 for more information.

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